

For Immediate Release:

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Chatham, IL: As a community bank, Peoples Bank & Trust recognizes the value of volunteerism in our communities. Peoples Bank & Trust has established a program to recognize community volunteers who personally exhibit outstanding volunteerism and promote the improvement of our communities.

Sheila Walk has been chosen as our current Volunteer of the Quarter for her extensive volunteer work in the Springfield area. Sheila was raised on a grain and livestock farm outside Neoga, Illinois. The original farm was purchased by her great-grandparents in the 1850s from the Illinois Central Railroad. Her grandfather and father increased the size of the farm to 600 acres. Her nephews farm it now.

Sheila attended elementary and secondary school in Neoga. She earned an Associates degree in English from Lake Land Junior College and a Bachelors degree in speech communication and social science from Eastern Illinois University.

Sheila taught high school speech, theatre, psychology, and sociology at St. Anthony's High School in Effingham for five years. After moving to Springfield, she taught at Ursuline Academy (speech, theatre, literature, and composition) for twenty-two years. Sheila also directed and produced plays and musicals throughout her teaching career. Her summer job was through Southern Illinois University-Edwardsville with the Rivers Project. Sheila now works at the Springfield Area Arts Council. She has been married for twenty-eight years to Doug Kamholz, a retired journalist and community activist.

Sheila's volunteer work for the last decade includes the Enos Park Neighborhood Association, the Ursuline Academy Foundation, the Northside Children's Community Library, Local First Springfield, the Illinois State Fair, the Clean Water Celebration (Peoria), various political campaigns, the Illinois Arts Council Agency, the Adult Life-long Learning program at Lincoln Land Community College, and of course, the Illinois Stewardship Alliance.

Sheila said, "When I stop to think about, I've been doing volunteer work since my college days. It's because I think everyone should do something to make the world better."

In honor of Sheila's extensive volunteer services, Peoples Bank & Trust has made a donation of \$250.00 to the Illinois Stewardship Alliance in her honor. Her name will be placed on a plaque and displayed in the bank's lobby.

Peoples Bank & Trust is an independent Community Bank with ten offices located in Pana, Taylorville, Altamont, Charleston, Tower Hill, Springfield, Morrisonville, Palmyra, Waverly and White Hall. Peoples is a full services bank offering outstanding customer services to consumers, small business, and farmers in Central Illinois. Peoples First Bancshares, Inc., with corporate offices in Pana, Illinois, is the holding company for Peoples Bank & Trust.